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### **Eating Smart at Home**

Newton, NC—Do you spend too much money on food? Eat out too much? Throw something together at the last minute? Would you like to know simple solutions for healthy eating?

North Carolina Cooperative Extension is offering a series of workshops to help you learn to plan, shop, prepare, and eat more healthy meals at home. Sessions will be held on Wednesdays, March 25, April 1, 8, 22, 29, and May 6 from noon until 1:00pm at the Agricultural Resources Center in Newton. You will try new recipes and learn new skills each time you meet. Participants who attend all sessions will receive a cookbook and other resources.

Preregistration is required no later than Monday, March 23. Cost for materials and food is \$10 per person for the series. Call 828-465-8250 for more details.